

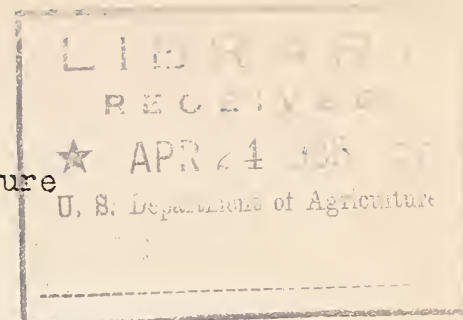
Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.9
27572

United States Department of Agriculture
Bureau of Home Economics
Washington, D. C.

NOON MEALS FOR NURSERY SCHOOLS



By Helen Nebeker Hann

The increasing number of nursery schools and other agencies caring for young children creates a need for information regarding the kind and amounts of food to be served the children while they are at school. The following suggestions have grown out of the experience of the Bureau of Home Economics in its work at the National Child Research Center in Washington, D. C.

IMPORTANCE OF NOON MEALS

Children of the nursery school and kindergarten age should receive their principal meal in the middle of the day. This meal should provide egg or meat or other protein-rich main dish, a vegetable rich in vitamins and minerals, a starchy food, and milk. A dessert may also be served. The noon meal, together with an afternoon lunch, should supply about one-half of the child's daily food needs.

The nutritionist should check up so far as possible on what the child has to eat at home and should give suggestions on the foods to be included in the home meals. She should plan school menus a week in advance and post them in a conspicuous place so the parents can refer to them. This will help the mothers to plan the home meals so they will supplement the nursery school meal.

WHAT THE CHILD NEEDS

A child's diet should include the following foods every day:

Milk - At least a pint; preferably a quart.

Butter - At every meal.

Cereal or bread or potatoes - At every meal.

Vegetables, in addition to potatoes - At least two daily,
one raw or quickly cooked; leafy kinds often.

Fruit - At least once a day; better twice.

Egg or meat - The older child may have both.

Sweets - In small amounts at the end of the meal.

Cod-liver oil - At least during the winter months until the
age of two. For many children, longer.

PLANNING AND PREPARING THE MEALS

Serve food that is reasonably easy for small children to manage. Cut vegetables, meats, and fruits in small pieces or slices. Make other dishes such as puddings, mashed potatoes, or squash, of a pleasing consistency, not too thick, too thin, or too dry. Serve crisp toast or something similar which will require the children to chew. Such exercise is necessary for good tooth nutrition.

Taste all food before serving. Be sure that it is not too salty, but also that it does not taste "flat." Do not serve highly seasoned or greasy food.

Use sugar sparingly. Sweets dull the appetite for other foods.

When fluid milk is not available or is too expensive, use evaporated milk or dried milk. (Equivalent to 1 quart fluid whole milk: 17 ounces evaporated milk, or 3 1/2 ounces dried skim milk supplemented with 3 table-spoonfuls of butter.) Dried milk can be mixed with dry ingredients in the making of baked goods, cornstarch pudding, etc. Water is then added for the liquid in the recipe. In some cooking it is more satisfactory to mix the dried milk with water first, using 3 3/4 cups of water to 3 1/2 ounces of dried skim milk, to make a quart of fluid milk. A larger proportion of dried milk can be used satisfactorily. Dried skim milk may be added to fresh whole milk for children to drink, without noticeably changing the flavor or consistency of the fresh milk. As much as 1 to 1 1/2 ounces of the dried skim milk can be used in a quart of whole milk, which adds materially to its food value, particularly in calcium and protein.

RULES FOR COOKING

Cook eggs with moderate heat. High temperature makes them tough.

Meat can be either broiled under a flame or pan-broiled on top of a stove. Brown quickly at first, then finish the cooking at low temperature. To pan-broil meat, grease a frying pan with just enough fat to keep the meat from sticking, put the meat in the pan, quickly sear the surface, then lower the flame and finish cooking.

Cook bacon slowly. Pour off the excess fat as the bacon cooks and drain the cooked bacon on absorbent paper.

Cook all vegetables in as little water as possible. Cook them only until tender. Do not pour out the liquid left in the vessel after the vegetable is cooked. This liquid contains valuable minerals that contribute to good nutrition. If there is too much liquid left after the vegetable is cooked, boil it down, and pour it back on the vegetable when served.

Cook tomatoes, or dishes containing tomato, as short a time as possible because cooking lowers the vitamin C content.

Remember: Measures given here in recipes are for vegetables as prepared for cooking. They do not allow for waste. Suggestions for the quantity to order from the market are included, however.

Weigh rather than measure ingredients where possible, for uniform results. Use standard utensils for measuring and be sure all measurements are level.

Many of the recipes call for cooking in a double boiler. A deep pan or kettle in a pan or kettle of boiling water may be used instead.

MENUS FOR TWO WEEKS

The following menus for noon meals have been used successfully in a nursery school. With an afternoon feeding of milk and graham crackers in addition (6 to 8 ounces of milk and 1 large graham cracker) these menus, prepared by the recipes which follow, will supply about one-half of the child's daily food requirements.

Monday

Broiled or pan-broiled beef
Creamed potatoes
Buttered carrots
Whole-wheat bread and butter
Milk to drink (1 cup)
Peaches, stewed dried, canned
or fresh

Tuesday

Liver, tomato, and spaghetti
Buttered string beans
Whole-wheat bread and butter or
toast
Milk to drink (1 cup)
Apple pudding or scalloped apples

Wednesday

Salmon custard
Creamed cabbage or turnips
Chopped apple sandwiches (whole-
wheat bread)
Milk to drink (1 cup)
Cocoa cornstarch pudding

Thursday

Beef stew with vegetables
Small glass tomato juice
Chopped lettuce sandwiches (whole-
wheat bread)
Milk to drink (1 cup)
Bread pudding

Friday

Creamed hard-cooked eggs
Mashed potatoes
Stewed tomatoes
Whole-wheat bread toast
Milk to drink (1 cup)
Stewed prunes

Monday

Creamed liver with bacon
Scalloped potatoes
Buttered kale or other greens
Whole-wheat bread and butter
Milk to drink (1 cup)
Apple sauce

Tuesday

Rice and tomato with meat
Buttered cabbage
Whole-wheat bread and butter or
toast
Milk to drink (1 cup)
Prune brown betty or prune
pudding

Wednesday

Lima beans with bacon
Buttered spinach or other greens
Chopped carrot sandwiches (whole-
wheat bread)
Milk to drink (1 cup)
Creamy rice pudding with raisins

Thursday

Hard-cooked egg with tomato sauce
Mashed potatoes
Buttered peas
Whole-wheat bread and butter
Milk to drink (1 cup)
Ripe bananas with top milk or
custard sauce

Friday

Creamed fish with vegetables
Tomato juice (small glass)
Toast or chopped cabbage or celery
sandwiches
Milk to drink (1 cup)

RECIPES

The following recipes are for the dishes given in the above menus, and are ample for noon meals for a group of 25 children and 6 adults, according to experience in a nursery school. The size of servings varies considerably in practice, ranging from 2 tablespoons to 1/2 cup each because there is a great difference in the appetites and needs of individual children. Also, the number of servings varies for each recipe because children ask for more second servings of some foods than others. The total measure of the recipe and the measure of average-size servings for young children are given below each recipe.

Main Dishes

Hard-cooked Eggs with Tomato Sauce

27 eggs	1 1/2 teaspoons salt
1 medium (1 1/2 ounces) onion, chopped	2 1/2 quarts strained tomato (order 3
3 tablespoons (1 ounce) brown or white	No. 3 cans and strain)
sugar	6 tablespoons (3 ounces) butter
	3/4 cup (3 ounces) flour

Cook the eggs in the shell in water at slightly below the boiling point from 30 to 40 minutes. Remove the shells and slice the eggs. Mix the chopped onion, the sugar and salt, and stir into the strained tomatoes. Cook this mixture about 15 minutes. Melt the butter, stir in the flour, add a little of the tomato mixture, and stir until smooth. Add this mixture to the tomatoes and stir until the flour is cooked. Pour over the sliced eggs and serve hot.

Total measure cooked, about 3 3/4 quarts. Average serving per child 1/4 to 1/3 cup.

Creamed Hard-cooked Eggs

27 eggs	
9 tablespoons (4 1/2 ounces) butter	3/4 tablespoons salt
1 cup (4 ounces) flour	1 1/2 quarts hot milk

Cook the eggs in the shell in water at slightly below the boiling point from 30 to 40 minutes. Remove the shells and slice the eggs. Melt the butter, add the flour and salt, and stir until well blended. Add a little of the hot milk and cook in a double boiler until the sauce has thickened, stirring constantly. Then add the rest of the hot milk and continue cooking until the flour is thoroughly cooked. Pour over the sliced hard-cooked eggs and serve hot.

Total measure cooked, about 3 1/4 quarts. Average serving per child 1/4 to 1/3 cup.

Scrambled Eggs

3 dozen eggs	1 1/2 tablespoons salt
3 cups milk	5 tablespoons (2 1/2 ounces) melted butter

Beat the eggs lightly with the milk and salt. Melt the butter in the top of a double boiler, add the egg mixture. Cook over hot water, stirring constantly until thickened. Remove and serve at once.

Total measure cooked, about 2 1/2 quarts. Average serving per child 1/4 to 1/3 cup.

Liver and Tomato with Spaghetti

3 cups (about 3/4 pound) spaghetti, broken	1 3/4 quarts strained tomato (order 2 No. 3 cans and strain)
2 1/4 pounds sliced beef liver	3 tablespoons (3/4 ounces) chopped parsley, if desired
6 tablespoons (3 ounces) butter	2 teaspoons salt
1 medium onion (1 1/2 ounces), finely chopped	

Cook the spaghetti in salted boiling water until tender and drain. Remove the long connective tissue from the liver, broil or pan broil in some of the butter till lightly browned, and run through a meat grinder. Cook the onion slowly in the remainder of the butter until tender. Heat the tomatoes quickly to the boiling point, but do not boil. Mix all ingredients and serve hot.

Total measure cooked, about 3 3/4 quarts. Average serving per child 1/3 to 1/2 cup.

Creamed Liver with Bacon

3 pounds beef liver	1 cup (4 ounces) flour
3/4 pound sliced bacon (a little less than 4 ounces cooked)	1 medium (1 1/2 ounces) onion, chopped
1 1/2 quarts milk	3/4 tablespoon salt
6 tablespoons (3 ounces) bacon fat	

Wipe the liver with a damp cloth and remove the long connective tissue. Fry the bacon slowly until crisp and drain on absorbent paper. Broil or pan broil the liver until lightly brown, then run it through a meat grinder or chop in fine pieces. Melt the bacon fat, add the flour, and stir until well blended. Add a little of the milk and cook until thickened, stirring constantly. Add the remainder of the milk and cook until the flour is thoroughly cooked. Add the liver, the bacon broken into small pieces, the chopped onion, and salt. Cook this mixture until the onions are soft and flavor is well blended. Serve hot.

Total measure cooked, about 3 1/4 quarts. Average serving per child 1/4 to 1/3 cup.

Beef Stew with Vegetables

3 pounds lean beef, rump or round	3 1/4 quarts (4 1/2 pounds) diced raw potatoes (order 6 pounds)
6 tablespoons (1 1/2 ounces) flour	7 1/2 cups (2 1/4 pounds) diced carrots (order 3 pounds)
6 small (6 ounces) onions, chopped	4 cups (1 pound) diced turnips (order 2 pounds)
6 tablespoons (3 ounces) butter	1 tablespoon salt
2 1/2 quarts water (there should be about 2 quarts broth left after the meat is cooked)	

Wipe the meat and cut it into small pieces. Roll pieces lightly in the flour and brown with the onion in the butter. Add water, cover, and simmer until the meat is almost tender. There should be about 2 quarts of liquid on the meat after it has cooked. Add the diced vegetables and continue the cooking until the meat and vegetables are tender. Add the salt and serve hot.

Total measure cooked, about 6 3/4 quarts. Average serving per child 1/2 to 3/4 cup.

Rice and Tomato with Meat

2 1/4 cups (1 pound) brown rice	1 3/4 quarts strained tomatoes (order 3 No. 2 cans and strain)
1 1/2 pounds ground beef	1 1/2 tablespoons salt
2 medium (3 ounces) onion, chopped	

Boil the rice until tender in a large amount of water and drain. Mix the meat with the chopped onion and pan broil until lightly browned, stirring frequently. Heat the strained tomatoes to the boiling point but do not boil. Mix all the ingredients and serve hot.

Total measure cooked, 3 quarts. Average serving per child 1/3 to 1/2 cup.

Broiled or Pan-broiled Beef

3 pounds raw ground beef	1 1/2 cups (3 ounces) soft whole-wheat bread crumbs
1 medium onion (2 ounces), chopped	3 teaspoons salt

Mix the meat with the other ingredients and spread evenly on a large pan. Place under a flame in the broiling oven and cook until lightly browned. Stir the top layer under occasionally so all the meat will cook through, but do not cook it until it is hard. If a broiling oven is not available, pan broil the meat on top of the stove.

This same mixture may be molded into cakes before cooking but these cakes have to be cut up for children. The first method suggested saves the teachers extra trouble.

Total measure cooked, about 1 3/4 quarts. Average serving per child 2 to 4 tablespoons.

Lima Beans with Bacon

1-1/2 quarts (about 2 pounds)
dried lima beans
3 quarts water

3/4 pound raw bacon (a little less
than 4 ounces cooked)
3/4 quart milk
3/4 tablespoon salt

Wash and pick over the beans and soak them overnight in 3 quarts of cold water. In the morning, cook them in the same water in which they were soaked. Fry the bacon slowly until crisp and drain on absorbent paper. Break the bacon into pieces and add with the milk and salt to the beans. This mixture may be cooked in a double boiler or it may be poured into a greased casserole and baked slowly (at 300° F.). Cook about 1-1/2 hours. Serve hot.

Total measure cooked, about 3 quarts. Average serving per child 1/4 to 1/3 cup.

Salmon Custard

3 pounds canned salmon
(3 1-lb. cans)
3 cups (6 ounces) soft whole
wheat bread crumbs

3 cups milk
4 eggs
6 tablespoons (3 ounces) butter
2 teaspoons salt

Flake the salmon, add the bread crumbs, the milk, the slightly beaten eggs, the butter and salt. This mixture may be cooked in a double boiler or poured into a greased casserole and baked in a slow oven (300° F.). Cook for about an hour or until the mixture is set in the center when tested with the point of a knife. Serve hot.

Total measure cooked, about 2-1/4 quarts. Average serving per child 1/4 to 1/3 cup.

Creamed Fish with Vegetables

3 pounds fish, fresh cod, fillet
of haddock (order 4 pounds) or
canned salmon (3 1-lb. cans)
6 cups (2 pounds) diced raw potatoes
(order 2-1/2 pounds)
3 cups (1 pound) diced raw carrots
(order 1-1/2 pounds)

3 quarts milk
2-1/4 cups (9 ounces) flour
3/4 cups (6 ounces) butter
3 small (3 ounces) onions,
chopped
1-1/2 tablespoons salt

Simmer the fish in a small quantity of water about 15 minutes. Drain and remove the skin and bones and flake the fish. Cook the potatoes and carrots until tender in a tightly covered kettle and in as little water as possible. Boil the remaining liquid down to about 1 cup. Save this liquid and add to the mixture before serving. Mix a little of the cold milk with the flour. Heat the rest of the milk and add to it the onion, salt, butter, and the flour and milk mixture. Cook until thickened. Add the vegetables, the liquid from the vegetables and the fish and cook for a few minutes longer. If canned fish is used, it does not need the preliminary cooking.

Total measure cooked, about 4 quarts. Average serving per child 1/2 to 3/4 cup.

Vegetables

Fresh or Canned Buttered String Beans

6 pounds string beans ready to
cook (order 7 pounds) or
1-1/2 No. 10 cans string beans
(1 No. 10 can plus 3 No. 2 cans
or 7 No. 2 cans)

6 tablespoons (3 ounces) butter
2 teaspoons salt

Fresh string beans: Wash the beans and snap them into small pieces. Remove all strings. Cook in a small amount of water until tender. Drain but save the liquid and add butter and salt. Canned string beans: Heat the string beans and drain, but save the liquid. Mix the butter and salt with the string beans.

Boil the liquid down to 1/2 cup, and serve with the beans.

Total measure cooked, about 3 quarts. Average serving per child 1/4 to 1/3 cup.

Buttered Cabbage

4 pounds cabbage ready to cook
(order 1 6-pound head)

6 tablespoons (3 ounces) butter
2 teaspoons salt

Cut the cabbage in small pieces and wash. Put in a covered kettle. Do not add any more water to the cabbage than clings to the leaves after washing. Cook only until tender, not more than 15 minutes. Do not drain. Add butter and salt and serve. This cabbage will be slightly stronger in flavor than if the water used in cooking is thrown away, but when the cooking time is so short the flavor is not objectionable and all the nutrients are conserved.

Total measure cooked, about 3 quarts. Average serving per child 1/4 to 1/3 cup.

Creamed Cabbage

1-1/2 quarts milk
4-1/2 quarts (3 pounds) ready to
cook shredded cabbage
(order 4 pounds)
3 cups milk

9 tablespoons (4-1/2 ounces)
melted butter
9 tablespoons (2-1/4 ounces) flour
2 teaspoons salt

Heat 1-1/2 quarts milk in a double boiler and cook the cabbage in it until the cabbage is tender. Melt the butter, add the flour and salt, and stir until well blended. Add the 3 cups of milk and cook until thick, stirring constantly. Add the white sauce to the hot cabbage and milk. Mix well. Serve hot.

Total measure cooked, about 2-1/4 quarts. Average serving per child 1/4 to 1/3 cup.

Buttered Carrots

5-1/2 pounds carrots ready to cook (order about 7 pounds)

3/4 cup (6 ounces) butter
1 tablespoon salt

Wash and scrape carrots and slice or cube. Cook in a covered kettle in the smallest possible amount of boiling water until tender. Add butter and salt and serve. If the water has not evaporated by the time the carrots are tender, boil the liquid left down to 1/2 cup and serve with the carrots.

Total measure cooked, about 3 quarts. Average serving per child 1/4 to 1/3 cup.

Fresh or Canned Buttered Peas

10 pounds fresh peas ready to cook
(order 20 pounds) or
1-1/2 No. 10 cans (or 1 No. 10 can
plus 3 No. 2 cans, or 8 No. 2 cans)

6 tablespoons (3 ounces) butter
3/4 tablespoon salt

Fresh peas: Shell, wash, and drain green peas just before cooking, drop into a small quantity of lightly salted boiling water and simmer (do not boil) for 15 to 20 minutes. Drain, but save the liquid. Canned peas: Heat the canned peas and drain. Save the liquid.

Boil the liquid that is left after cooking down to 1/2 cup and add with the butter and salt to the peas. Serve hot.

Total measure cooked, about 3-1/2 quarts. Average serving per child 1/4 to 1/3 cup.

Buttered Spinach

6 pounds spinach ready to cook
(order about 8 pounds)

6 tablespoons (3 ounces) butter
3/4 tablespoon salt

Remove roots and wilted leaves of spinach, wash in several waters. Shake leaves, put in kettle, adding no water. Cook until tender and drain off but save the liquid. Keep in a warm place. Boil the liquid that is left down to 1/2 cup and add with the butter and salt to the spinach. Serve hot.

Total measure cooked, about 2-1/4 quarts. Average serving per child 1/4 to 1/3 cup.

Stewed Tomatoes

3 quarts tomatoes, strained (order
1 No. 10 can or 3 No. 3 cans and
strain)
3/4 cup (4-1/2 ounces) brown or
white sugar

1 medium (1-1/3 ounces) onion,
chopped
2-1/4 quarts (1 pound 2 ounces)
bread cubes (toast after measur-
ing)
1-1/2 tablespoons salt

Toast the bread cubes. Mix all the ingredients with the tomatoes. Pour into a kettle and cook slowly until the onions are tender. Do not continue cooking after the onions are done or the mixture will become too thick.

Total measure cooked, about 4 quarts. Average serving per child 1/4 to 1/3 cup.

Mashed Potatoes

5-1/2 pounds potatoes ready to
cook (order about 7 pounds)
3/4 quart milk (heat just before using)

6 tablespoons (3 ounces) butter
2 teaspoons salt

Pare potatoes and cook until tender in a small amount of water in a tightly covered kettle. Cook the water down so the potatoes will not have to be drained. If some of the water is left, mix it with the potatoes so that all the food value is retained. Mash, add the hot milk, and the butter and salt. Beat until light.

Total measure cooked, about 4 quarts. Average serving per child 1/3 to 1/2 cup.

Scalloped Potatoes

3-1/2 pounds potatoes ready to
cook (order about 5 pounds)
3/4 cup (3 ounces) flour

6 tablespoons (3 ounces) butter
1-1/2 teaspoons salt
1-1/2 quarts milk

Pare potatoes and slice thin. Put a layer of potatoes in the bottom of a greased baking dish, sprinkle with flour and salt, and dot with butter. Repeat until all of the potatoes are used, then cover with milk. Cover and bake in a slow oven (300° F.) until potatoes are tender when pierced with a fork. Remove cover during the last 15 minutes to allow potatoes to brown on top.

Total measure cooked, about 3 quarts. Average serving per child 1/3 to 1/2 cup.

Creamed Potatoes

3-1/2 pounds potatoes ready to
cook (order about 5 pounds)
6 tablespoons (3 ounces) butter
1 cup (4 ounces) flour

1-1/2 teaspoons salt
4-1/2 cups milk
1 cup water (left from cooked
potatoes)

Pare and cube the potatoes. Cook the potatoes in as small an amount of water as possible until tender. There will probably be about 1 cup of liquid left after cooking. Drain this liquid from the potatoes and save. Melt the butter, add the flour and salt, and stir until well blended. Add the milk and the liquid left from the potatoes, and cook until thick, stirring constantly. Pour the sauce over the potatoes, mix well, and serve hot.

Total measure cooked, about 3-1/2 quarts. Average serving per child 1/3 to 1/2 cup.

Sandwiches

To make raw vegetable sandwiches, chop or grind the vegetables, cream with the butter, and spread between slices of bread. Cut the sandwiches into quarters so they will be easy for children to hold. The crusts are nutritious and encourages chewing so they should not be trimmed off.

The following proportions will make about 48 small-sized sandwiches if the loaf of bread is cut in 24 slices:

1 1-lb. loaf of whole-wheat bread	1-1/2 cups chopped vegetables
6 tablespoons (3 ounces) butter	(1/2 pound)

Suggestions for variation in the sandwich filling: Chopped celery, chopped carrot, chopped apple, chopped cabbage, chopped lettuce, chopped watercress.

Desserts

Apple Sauce

9 pounds apples ready to cook (order 11 pounds)	2-1/4 cups (13 ounces) brown or white sugar
3 cups water	

Pare and core the apples. Add the water and cook, stirring occasionally until apples are soft. Put through a coarse strainer, add the sugar and beat well. Serve cold.

Total measure cooked, about 4-3/4 quarts. Average serving per child 1/3 to 1/2 cup.

Scalloped Apples or Apple Pudding

5 pounds apples, pared and cored (order about 6 pounds)	1-1/4 cups (7 ounces) brown or white sugar
1-1/2 quarts (12 ounces) whole- wheat bread crumbs, soft	2 teaspoons cinnamon
6 tablespoons (3 ounces) butter	1/2 teaspoon salt
	1/2 cup water

Pare apples and cut in small pieces. Put some of the bread crumbs in the bottom of the double boiler or baking dish. Cover with a layer of apples, dot with some of the butter and sprinkle with sugar and cinnamon. Repeat this process until ingredients are used up. Spread some of the bread crumbs on top. Add water and cook in a double boiler for 1-3/4 hours or in a slow oven (300° F.) for about 1 hour or until the apples are soft.

Total measure cooked, 3 quarts. Average serving per child 1/4 to 1/3 cup.

Apricot Tapioca

1 pound dried apricots (or other dried fruit)	10 tablespoons (4 ounces) brown or white sugar
3/4 quart hot water	1/2 teaspoon salt
2 quarts milk	3 eggs
1/2 cup quick cooking tapioca	2 teaspoons vanilla

Wash the apricots. Cover the fruit with hot water and soak from 15 minutes to an hour. Cook the apricots or other fruit until tender in the water in which they were soaked. Scald milk in a double boiler. Add tapioca, sugar, and salt, and cook until the tapioca is clear. Stir frequently. Pour small amount of this mixture slowly over slightly beaten eggs. Stir vigorously. Add the egg mixture to the tapioca in the double boiler and continue to cook until mixture begins to thicken. Remove from heat. Force apricots through a sieve and add the pulp and the vanilla to the pudding.

Total measure after cooked, 3 quarts. Average serving per child 1/3 to 1/2 cup.

Stewed Dried Apricots or Peaches

2 pounds dried fruit	1 cup (6 ounces) brown or white sugar
3 quarts hot water	

Wash the dried fruit thoroughly. Cover the fruit with hot water and soak from 15 minutes to an hour. Cook the fruit until soft in the water in which it was soaked. Add sugar, cool, and serve.

Total measure after cooked, about 3 quarts. Average serving per child 1/3 to 1/2 cup.

Bananas

1-3/4 pounds ripe bananas peeled and ready to serve (1-1/2 dozen small bananas or 4-1/2 pounds as purchased)

Slice and serve with milk or custard sauce. No sugar is needed. Average serving per child 1/3 to 1/2 cup.

Bread Pudding

8 eggs	1-1/2 teaspoons vanilla
2-2/3 quarts milk	5 tablespoons (2-1/2 ounces) melted butter
2-1/3 cups (13-1/2 ounces) brown or white sugar	2 quarts whole-wheat bread crumbs (1 pound)
3/4 teaspoon salt	

Beat the eggs and add the milk, sugar, salt, and vanilla. Crumble the bread and put it in the double boiler or the baking dish. Pour the egg, sugar, salt, and milk mixture over the crumbled bread, add the rest of the melted butter, and stir. Cook in a double boiler or bake in a pan surrounded by water in a slow oven. When the mixture is set in the center, and the point of a knife comes out clean, remove the pudding from the oven, and serve hot.

Total measure cooked, about 4 quarts. Average serving per child 1/3 to 1/2 cup.

Cocoa Cornstarch Pudding

3/4 cup (3-1/2 ounces) cornstarch	1-1/4 cups (7 ounces) brown or white sugar
3/4 cup (3-1/2 ounces) cocoa	3 quarts milk
1/2 teaspoon salt	4 teaspoons vanilla

Mix until smooth the cornstarch, cocoa, salt, and sugar with a little of the milk. Scald the remainder of the milk in a double boiler and add it to the mixture. Cook over boiling water until thickened, stirring frequently. Cover and cook 30 minutes longer. Add vanilla. Cook this recipe early so it will have plenty of time to cool.

Total measure cooked, about 3 quarts. Average serving per child 1/3 to 1/2 cup.

Custard Sauce (To be used on fruits)

3 eggs	1/2 teaspoon salt
5 tablespoons (2 ounces) brown or white sugar	3 cups milk

Beat the eggs slightly and add the sugar and salt. Scald the milk and add to the egg mixture. Strain. Put in a double boiler and cook over hot but not boiling water. Stir constantly until thickened and remove immediately from the stove. Add vanilla. Serve cold.

Total measure cooked, about 1 quart. Average serving per child 2 tablespoons.

Prune Pudding or Prune Brown Betty

3 pounds prunes as purchased	2 cups (11-1/2 ounces) brown or white sugar
3 quarts water	3 tablespoons cinnamon.
9 tablespoons (4-1/2 ounces) butter	3/4 teaspoon salt
2 quarts (1 pound) whole-wheat bread crumbs, soft	

Wash the prunes. Cover with hot water and soak from 15 minutes to an hour. Cook in the water in which they were soaked. Remove stones and cut prunes in small pieces. Cook this recipe in a double boiler or in a casserole. Put a layer of bread crumbs in the bottom, cover with a layer of prunes and some of the juice, dot with butter, and sprinkle with sugar and cinnamon. Repeat this process until all ingredients are used. Spread some of the bread crumbs on top. Cook until heated through and ingredients are blended. If cooked in a casserole, use a slow oven (300° F.)

Total measure cooked, about 2-1/2 quarts. Average serving per child 1/4 to 1/3 cup.

Stewed Prunes

3 pounds prunes as purchased

2-3/4 quarts water

Wash prunes thoroughly. Cover the fruit with hot water and soak from 15 minutes to an hour. Remove stones and cook fruit until tender in the water in which it was soaked. No sugar is necessary. For very young children it may be necessary to run the prunes through a coarse strainer to remove the skins.

Total measure cooked, about 3 quarts. Average serving per child 1/3 to 1/2 cup.

Rice Pudding with Raisins

1-1/2 cups (10-1/2 ounces)
brown rice

2-1/2 quarts milk

1-1/3 cups (7-1/2 ounces) raisins,
finely ground

3/4 cup (4-1/2 ounces) brown sugar
1/2 tablespoon butter

This mixture may be cooked in a double boiler or baked in a casserole in a slow oven (300° F.).

Wash rice, mix ingredients, and pour into the double boiler or the casserole. Cook until the rice is tender and the pudding is thickened (5 hours if possible for good flavor but the pudding can be served in about 1-1/2 hours). Stir frequently.

The raisins are ground to avoid digestive upsets which might otherwise occur from lack of chewing.

Total measure cooked, about 2-1/2 quarts. Average serving per child 1/4 to 1/3 cup.